

SMART FUEL—WEEKS 1 & 2

Enjoy More Fruits and Vegetables



What are colorful, flavorful and pack a punch in the fight against chronic disease? Fruits and Vegetables! Fruits and vegetables are high in fiber, vitamins and minerals and can decrease the risk for certain cancers and heart disease. Fruits and vegetables are also naturally low in calories which can help you achieve and maintain a healthy weight.

How many servings of fruits and vegetables should you have every day? The simple answer is probably more than what you are currently eating. To find out more about the amount that best meets your needs, visit: www.FruitsAndVeggiesMatter.gov or www.MyPyramid.gov

Choose a colorful array of fruits and vegetables every-day for various nutrients like Vitamins A and C, and fiber. Fresh, canned, and frozen (with no cream, butter, or sugar added) are all excellent options.



Smart Fuel

WEEKLY GOALS:

2.5—3 cups of vegetables per day (1 point each day you meet this goal)

1.5—2 cups of fruit per day (1 point each day you meet this goal)

FUELED UP CHALLENGES: (5 points per challenge—each challenge may only be used one time during the 2 weeks)

1. Add fruit to your cereal, yogurt, or oatmeal.
2. Add veggies to your lunch sandwich—such as lettuce, leaf spinach, tomatoes, sprouts, cucumbers, and zucchini.
3. Pack snack bags filled with carrots, celery sticks, cherry tomatoes, zucchini strips, and red or green peppers to snack on in between meals.
4. Keep a bowl of fresh fruit on your desk or counter for a quick and easy snack any time of the day.
5. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Top with a low-fat dressing.

SUPER FUELED CHALLENGE: (20 points for completing this challenge)

Keep a food diary for 2 weeks or track your progress with MyPyramid tracker at: www.mypyramid.gov/STEPS/trackyourprogress.html